

# Go Bananas Orange Dip

**Makes:** 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Banana, peeled		25 each		50 each
Yogurt, Lowfat or non-fat, vanilla or plain		3 1/2 qt		7 qt
Oranges, peeled and sectioned		50 each		100 each

## Directions

1. Place bananas in large blender or food processor.
2. Add yogurt to bananas and blend on low speed until thoroughly mixed.
3. Place dip in serving bowl or into individual ½ cup portions.
4. Arrange oranges onto serving platter or onto individual plates.
5. This recipe can be presented with the dip in the center of the tray and the colorful "dippers" arranged around the edge.
6. Serve 1/2 cup (4 ounces) of "dippers" and 3 ounces of the dip.

## Notes

Serving Tips:

Try other "dippers." Many fruits and vegetables make good dippers. For example:

Apples  
Cantaloupe  
Grapes  
Kiwi slices  
Strawberries

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	1 g	
Protein	4 g	
Carbohydrates	40 g	
Dietary Fiber	6 g	
Saturated Fat	1 g	
Sodium	40 mg	

## Meal Components

Fruits	1/2 cup
Vegetables	1/2 cup
Meat / Meat Alternate	1/4 cup

Orange sections  
Pineapple  
Watermelon  
Honeydew or other melons  
Bell Peppers  
Broccoli  
Carrots  
Cauliflower  
Celery  
Cucumbers

If age appropriate fruit can be skewered and stuck into a piece of dense fruit as a base, such as melon or pineapple for a dramatic presentation.

#### Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#).